

HIS TROUBLE NOT OF HEART

Real Facts In Regard To F. R. Huffman's Illness. Relief Obtained By Curing His Stomach Ailments.

Waynesville, N. C.—Mr. F. R. Huffman, of this city, says: "I suffered dreadfully with what I thought was heart trouble, and tried various medicines in vain.

After other remedies had failed, Thedford's Black-Draught restored me to health. I would not feel safe without Black-Draught in the house. I consider it worth its weight in gold.

It cured my indigestion, and by this means I was restored to health. I can not express my gratitude for its benefits."

Good health depends on the condition of your digestion. Poor digestion and good health do not go together.

Thedford's Black-Draught will thoroughly cleanse and set in order your digestive system.

It has done this for others, during the past 70 years, and is today the most popular vegetable liver remedy on the market. Try it.

Insist on Thedford's. Price 25c.

"Just to Hear the Singing."

A man came into the Open-Door Mission on Sunday night "just to hear the singing," as he told his neighbor. He bowed his head with the rest in prayer, but when the others raised their heads he was dead.

This man was one of the "down-and-outs," a homeless waif, ill and ragged and forlorn. Yet music spoke to his soul.

On the other side of the water the bandmaster is helping the recruiting sergeant and the inspiring strains of the music prove a potent lure to men to rally round the colors and march to filing line to kill their brothers. Yet Kreisler maintains that music is to be a prime mover in establishing the reign of peace and good will on earth once more.

When they that have ears to hear and are deaf to the pleading eloquence of orators, when passion blurs the reading of the printed page or tears a compact into shreds as a mere scrap of paper, the voice of the spirit, quietly insistent, after the earthquake and the fire at last is heard.

Many a human derelict lost to other influences, seemingly imperturbable and insensible in his defiance, has paused at the open door "just to hear the singing" and has entered into light and peace at last.—Philadelphia Inquirer.

When People Ask Us what is good for nerves and lost weight, we always recommend

Rexall Olive Oil Emulsion
containing Hypophosphites
a food tonic and tissue builder.

L. M. Wood.

Tramps Blamed in Spread of Stoch Disease

Yonkers, N. Y., March 23.—While a score of deputies here, armed with shotguns, are continuing their work of slaughtering every bird and beast, except horses, that come within the precincts of hoof and mouth infected farms, Sheriff Ulrich Weisendanger requested the police of all communities of southern Westchester county to round up all tramps. These men are blamed for the spread of the disease throughout this part of the country. The danger lies in them sleeping one night in a barn where there are infected cattle and carrying the germs the next night to another farm.

An old farmer, on being told that a new railroad was going to run right through his barn, exclaimed: "Now, by gum, I guess I'll have something to say about that. I've got something else to do besides opening and shutting them barn doors every time a train comes along."—Selected.

TO PREPARE AND USE VEGETABLES

AGRICULTURAL DEPARTMENT EXPERTS GIVE RESULTS OF STUDY AND EXPERIMENT.

SOME PLANTS EATEN RAW

Fresh Vegetables an Essential Part of Man's Diet—How Waste Can Be Avoided in the Compounding of Salads.

(Prepared by the United States Department of Agriculture.)

Fresh green vegetables are generally relished and form a part of man's diet whenever they can be obtained. Such vegetables may be called salad plants though it is difficult to classify plants according to the uses to which they are put, for almost all are used for many different purposes. Lettuce, for example, a vegetable which in this country is most always eaten raw, in Europe is often cooked, and thus it becomes a potherb as well as a salad plant. Water cress, though often used as a salad, is sometimes used simply as a condiment. Peas, beans, potatoes and vegetables such as spinach, which are most commonly served as a "vegetable," are often put into salads.

In spite of these difficulties in the way of classification, we may include under salad plants those whose leaves and stems are usually eaten raw with a sour dressing, and define a salad as a dish consisting in whole or in part of vegetables, either raw or cooked, mixed with a sour dressing. Salad dressing usually contains a fat as well as an acid.

Housekeepers often claim to know and care little about salads, but those who dig wild Jerusalem artichokes in the spring or start the early peppercorn or radish to serve as relishes at the table are providing salads for their families; or again, those who prepare the cold vegetables left at noon, such as "greens," with a dressing even of salt and vinegar for supper, make salads. Fresh cucumbers with vinegar or other dressing are salads just as much as are the more elaborate dishes.

Salad: a Food To Be Eaten With Salt. The derivation of the word salad shows it to mean a food to be eaten with salt. It would be better to keep near to this original meaning rather than to go to the extreme of some housekeepers who, in their search for novelties for their tables, build up salads from strange combinations in ornate forms.

The distinctive salad plants are very succulent; that is, they consist mainly of water. Hence, they are especially refreshing in warm weather. As a separate course they are a pleasant contrast to the heavier dishes of a formal meal. They also serve to prevent too great concentration of food, and thus aid in the digestive process. Upon the valuable saline properties of these raw plants we are just beginning to place a definite value, though evidently these were recognized by the instinct of the people of the far past.

Why Dressings Are Used. Fat is a compact food and, weight for weight, is about two and a quarter times as valuable as protein or carbohydrate for fuel in the human body. A tablespoonful of oil would go farther toward supplying energy for keeping the human machinery running than a large head of lettuce. Over all the world people have instinctively added a condensed dressing consisting mainly of oil, bacon fat, or cream to the salad plants bulky with cellular tissue and water, and have eaten such salads with meat and bread supplying protein and carbohydrate, and thus have secured a fairly balanced ration.

Modern study of bacteriology indicates that pagan and religious ceremonies of purification by fire and water had definite value for healthful life in this world. Water cleanses to some extent, but only through intense or long-continued heat is complete sterilization and freedom from bacteria and parasites secured. Therefore great care is needed in the selection and preparation of foods which are not to be subjected to heat. Cress, lettuce, and other salad plants, carelessly cultivated and handled in the market and half cleaned in the kitchen, may transmit disease, as may milk, raw oysters and other animal foods.

The fashion of cutting across a head of lettuce or celery, though it may give each person a fair share of the choice and less tender portions, cannot be recommended, because it is practically impossible to cleanse the axils of the leaves, the grooves where they join the stem. All such plants should be separated in their natural divisions and washed in more than one water, individual attention being given to hollows in stalks or leaves. Sand is unpleasant, but less harmful than other things that may be left behind after washing; its presence, however, justifies the suspicion that the washing was not thorough or care-

looked over carefully to make sure that any inferior portions, insects, or other things which are undesirable are removed. The quality of vegetables may be greatly injured by insect pests and plant diseases. If the plant suffers very severely from such enemies, it cannot make normal growth, and so all or parts of it may be inferior. For instance, green peas or string beans from vines badly attacked by insects or by some fungous disease do not attain full perfection. Obviously, leaves used as greens are of inferior quality if worm-eaten. Insect pests and plant diseases can often be controlled by the use of insecticides and in similar ways. If such things are used there is all the more reason for washing vegetables thoroughly before preparing them for the table, to remove any hellebore, copper salts, or other substance used in treating the plant, which may adhere to it. Salt in the water will aid in drawing out parasites if they happen to be present. There is distinct advantage in washing all salad plants in running water, especially for the removal of insects from lettuce. After washing several times and removing imperfections, salad plants may be kept in a cool place like a cellar or refrigerator for some hours or even a day before using. After draining off the last water, wrap the leaves or stalks in a cloth or put in a clean paper bag; this is more effective than keeping them in water.

During the cleaning process it is advisable to sort out the coarsest portions to add to soup materials; the next best may not be attractive to serve by themselves, but can be cut or shredded for combination with other materials, while the best of all—the heart of the cabbage, celery, or lettuce—should be served in the least elaborate way with salt or a simple dressing.

Save Waste in Making Salads. No plan for serving salads should be encouraged which leads to a waste of food material. If it is desired to use the outer portion of a cabbage for a salad bowl, any adhering dressing may afterwards be washed off and the cabbage used for a scallop or soup. The outer leaves may be cooked for greens or soup.

Many materials may be combined with the cabbage, celery, and lettuce—raw apples, radishes, or even canned fruit, such as pears cut in slices or cubes.

Lettuce is generally recognized in this country as the main dependence for salad by itself and in combination with other foods. There are many varieties, adapted to different conditions, but all may be classed under two general heads—the cabbage lettuce, where the heads are solid and compact, and the cos lettuce, where the leaves are long and loose and less delicate than those of the other type.

Romaine is an example of cos lettuce. There are also varieties with blanching centers and curly varieties with dark-tinged leaves.

Chicory may be cultivated for salad, and is more desirable when blanched. Endive, which is nearly related to chicory, is another useful salad plant.

The corn salad or lamb's lettuce is a small plant often found in city markets.

Sorrel, wild and cultivated, some young and tender seaweeds, and many mild-flavored plants or weeds may be used as raw salads. Others are better for partial cooking, even if served cold as salads.

Celery in its wild state is an unpromising if not harmful vegetable; by cultivation, and especially by blanching its leafstalks, it has been made a popular salad plant, and has been thought to have certain medicinal virtues. The fibrous outer stalks and larger white leaves of a bunch of celery should be reserved for soup making. Some of the larger stalks, too stringy to serve whole, may be used in salads if cut in quarter-inch slices, or if too tough for that, may be cooked after cutting and added to soups or served with white sauce or toast. The tender inner stalks should be served plain to eat with salt. Sometimes the groove in the stalk is filled with prepared cheese. The center of the root is a delicate morsel. Leaves and root may be dried to flavor future soups.

If you should want to transfer a picture from a newspaper to white paper, here is a way to do it. Dissolve 1-8 of an ounce of common yellow soap in a pint of hot water. When nearly cool mix with this three quarters of an ounce of turpentine. Paint this fluid onto the picture in the paper, liberally, with a soft brush. Let it soak in for a few minutes then dampen your white paper and press the face of the picture down on it, hard and evenly, for about a minute.—Star Farmer.

Dr. and Mrs. Dobson, of Hunnewell came Thursday for a visit with their daughter, Mrs. Orville Wilson.

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N. A. Drescher

Monroe City, Mo.

Good Roads.

Colorado Springs, Colo., March —A large delegation of Colorado good roads enthusiasts will visit Missouri during the month of April if plans now under way materialize. It is proposed to make an automobile sociability tour, starting at the foot of Pikes Peak and reaching as far east as Indianapolis, and possibly to Chicago, Dayton, Columbus and Cincinnati. The tour will cover a total of 3000 miles, and will require a three weeks' schedule. It is expected that the start will be made about April 8 or 10.

The eastbound trip will be made over the Pikes Peak Ocean to Ocean Highway, which extends in almost a straight line from Colorado Springs and Manitou through eastern Colorado, northern Kansas, Missouri, Illinois and Indiana to Indianapolis where it merges with the National Old Trails road; the distance from Pikes Peak to the Hoosier metropolis being exactly 1200 miles.

After reaching Indianapolis it is proposed to spend several days visiting some of the larger cities in Indiana and Illinois; but the exact route has not as yet been selected. It is also uncertain as to what road will be adopted for the return journey, although the schedule will be so arranged as to visit both St. Louis and Kansas City. The Santa Fe trail, the Golden Belt road, the Red Line and the Kansas White Way are under consideration; and there is a possibility that the return may be by way of the Lincoln Highway or some of the other roads through Iowa and Nebraska.

The object of this sociability run is to promote more friendly relations between the people of Colorado and the states of the Mississippi valley, and to let the eastern motorist know that there is available for his transcontinental trip a practical highway through the great scenic wonderland of Colorado and Utah.

The tour is being arranged under the auspices of the Colorado Springs Chamber of Commerce, The Manitou Springs Commercial Club and other associations of Colorado. A committee is now engaged in gathering road information with a view to making up a definite itinerary.

Roy Edmunds of Sedalia spent part of the week with his parents Frank Edmunds and wife north of town.

For Sale—Barred Rock, choice laying strains, 50 eggs \$1.25; 100 \$2.25. Both Phones.

51-4 Willa Maddox.

Mrs. W. W. Shortridge of Paris, who has been visiting here was the guest of relatives at Hunnewell Saturday.

Mrs. Wm. Shannon returned to Hannibal, Saturday after several days visit with her parents, A. S. Jayne and wife.

Miss Mattie Bess Shearman of Palmyra spent Saturday and Sunday with her mother.

Mrs. Harry Donovan and baby of Quincy are the guests of her parents, George Kirby and wife.

Misses Mary Caldwell and Neil Combs of Shelbina, were guests of Mrs. J. S. Starrett, Friday.

Mrs. Mary Christian is visiting at Novelty Mo.

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Great Britain consumes 34,000,000 tons of coal annually for domestic purposes alone.